

Regular Line

BREAKFAST		LUNCH	DINNER
M O N	Cinnamon Rolls Oatmeal/Grits Eggs to Order/Hardboiled Eggs Corned Beef Hash Cream Sausage Gravy Hashbrowns Blueberry Pancakes Biscuits/Breakfast Gravy	Chicken Tortilla Soup Navy Bean Soup Beef Enchiladas Chicken Fajitas Refried Beans Fried Okra Cornbread	Soup Du Jour BBQ Beef Brisket Cheesy Potatoes Baked Beans Mixed Vegetables Bun
T U E S	Bran Muffin Oatmeal/Grits Eggs to Order/Hardboiled Eggs Oven Baked Bacon Tator Tots French Toast Biscuits/Breakfast Gravy	Vegetable Barley Soup Cream of Asparagus Soup Fried Fish Fillet Grilled Cordon Bleu Fresh French Fries Whole Kernal Corn Cabbage	Vegetable Barley Soup New Orleans Style Gumbo Soup Shrimp Salad With Croissants Marinated Tomato Salad Chips
W E D	Blueberry Muffin Oatmeal/Cream of Wheat Eggs to Order/Hardboiled Eggs Sausage Pattie Baked Beans/Cornbread Home Fried Potatoes Biscuit/Breakfast Gravy	Pinto Bean Soup Corn Chowder Spaghetti with Meat Sauce Baked Turkey Breast/Gravy Cornbread Dressing Cranberry Sauce Broccoli California Blend Veg. Garlic Bread	Soup Du Jour Beef Stroganoff Noodles Eggplant Casserole Carrots Amandine Golden Dinner Roll
T H U R S	Coffee Cake Oatmeal/Grits Eggs to Order/Hardboiled Eggs Grilled Ham O’Brien Potatoes Strawberry Pancakes Biscuit/Breakfast Gravy	Minestrone Soup Cream of Potato Soup Baked Pork Loin Country Fried Steak/Gravy Mashed Potatoes Kale Creamed Corn	Minestrone Soup Cream of Potato Soup BBQ Chicken on Bun North Carolina Style Cole Slaw Baked Beans
F R I	Cinnamon Rolls Oatmeal/Grits Eggs to Order/Hardboiled Eggs Cream Chipped Beef Scrapple Hashbrowns French Toast Biscuit/Breakfast Gravy	Turkey Noodle Soup Manhattan Clam Chowder Assorted Pizza Chicken Salad Cauliflower Green Peas	Soup Du Jour Salmon Patties Home Fried Potatoes Succotash Zucchini Country Rolls
S A T	Blueberry Muffin Oatmeal/Cream of Wheat Eggs to Order/Hardboiled Eggs Sausage Links Hashbrowns Buttermilk Pancake Biscuit/Breakfast Gravy	Vegetable Soup Split Pea Soup Egg Salad Fried Shrimp Baked Potato Sauteed Mushrooms & Onions Italian Green Beans Dinner Rolls	Vegetable Soup Split Pea Soup Meat Loaf w Marinara Sauce Mash Potatoes California Blend Vegetables
S U N	Danish Pastry Oatmeal/Grits Eggs to Order/Hardboiled Eggs Grilled Ham Slice Creamed Ground Beef Baked Beans/Cornbread Lyonnaise Potatoes Biscuit/Breakfast Gravy	Chicken Noodle Soup Tomato Rice Soup Italian Sausage with Peppers & Onions Fish Pecan Mashed Sweet Potatoes Collard Green Squash Bun	Soup Du Jour Fried Chicken AuGratin Potatoes Peas & Carrots Sugar Snaps Panini Roll

DESSERTS

Mon: Pecan Pie	DL Chocolate Chip Cookies, Sugar Free
Tues: Cheesecake	DL Cheesecake, No Sugar Added
Wed: Oat Raisin Cookies	No Sugar Added Fruit Cup
Thurs: Brownies	DL Choc Cream Pie, No Sugar Added
Fri: Tapioca Pudding	DL Oatmeal Cookie, Sugar Free
Sat: Fruit & Nut Bars	DL Pudding, No Sugar Added
Sun: French Silk Pie	DL No Sugar Added Fruit Cup

DAILY SHORT ORDER LINE

Grilled Hamburger
Grilled Hotdog (M,T,Th,F,S,Su)
Grilled Chicken Breast
Grilled Cheese Sandwich
Sauerkraut/Chili
Lettuce/Tomato/Onion
Steak Fries
Assorted Cold Cuts (Wed Only)

Diet Line Menu Cycle #6 – Week of : 6-21-2010 –6-27-2010 F-Rev-6

Items with DL before the menu name indicates this item has been modified to be lower in calories, fat and/or sodium than the Regular line item. The Diet Line is designed to promote healthier eating and can be used to adhere to most modified diets. Residents who require a therapeutic diet are advised to make an appointment with the Registered Dietitian for one-on-one consultation.

BREAKFAST		LUNCH	DINNER
M O N	Oatmeal/Grits Eggbeaters Hardboiled Eggs DL Ham Slices Biscuit/DL Gravy	DL Navy Bean Soup DL Soft Tacos Flour Tortillas Refried Beans Mixed Vegetables Baby Carrots	DL Soup Du Jour Baked Chicken Breast Brown Rice DL Chicken Gravy Brussel Sprouts Boiled Okra Bun
T U E S	Oatmeal/Grits Eggbeaters Hardboiled Eggs Turkey Bacon DL Lyonnaise Potatoes Biscuit/DL Gravy	DL Vegetable Barley Soup Baked Fish Oven Baked Potatoes Cabbage Whole Kernel Corn	DL Vegetable Barley Soup Shrimp Salad With Croissants Marinated Tomato Salad
W E D	Oatmeal/Cream of Wheat Eggbeaters Hardboiled Eggs Turkey Sausage Pattie Biscuit/DL Gravy	DL Pinto Bean Soup Baked Turkey Breast Mashed Potatoes Broccoli California Blend Vegetables	DL Soup Du Jour DL Beef Stroganoff Noodles DL Eggplant Casserole Carrots Almondine Roll
T H U R	Oatmeal/Grits Eggbeaters Hardboiled Eggs Turkey Bacon Biscuit/DL Gravy	DL Minestrone Soup Baked Pork Loin DL Cinnamon Spiced Apples DL Gravy Kale French Cut Green Beans	DL Minestrone Soup BBQ Chicken on Bun North Carolina Style Cole Slaw Vegetarian Baked Beans
F R I	Oatmeal/Grits Eggbeaters Hardboiled Eggs Turkey Bacon Biscuit/DL Gravy	DL Turkey Noodle Soup Vegetable Pizza Cauliflower Harvard Beets	DL Soup Du Jour Salmon Patties Potato Wedges Asparagus Zucchini Country Rolls
S A T	Oatmeal/Cream of Wheat Eggbeaters Hardboiled Eggs Turkey Sausage Link Biscuit/DL Gravy	DL Vegetable Soup Sauteed Shrimp Baked Potatoes Mushrooms & Onions Italian Green Beans Dinner Rolls	DL Soup Du Jour DL Meatloaf w Marinara Sauce DL Mash Potatoes DL California Blend Vegetables
S U N	Oatmeal/Grits Eggbeaters Hardboiled Eggs DL Creamed Ground Beef DL Lyonnaise Potatoes Biscuit/DL Gravy	DL Chicken Noodle Soup Baked Fish Baked Sweet Potatoes Collard Green Yellow Squash	DL Soup Du Jour Baked Chicken DL Au Gratin Potatoes Peas & Carrots Sugar Snaps Panini Rolls

BREAKFAST STANDARD MENU ITEMS

Prunes, Bagel, English Muffin, Syrup, SF Syrup, Bananas, Grapefruit Sections, Fruit Deluxe, Applesauce, Cream Cheese, Raisins

STANDARD MENU ITEMS ALL MEALS

Asst Bread, Asst Dry Cereal, Asst Juice, Asst Milk, Asst Beverages, Coffee, Decaf Coffee, Tea, Tea Bags, Butter, Margarine, Sugar, Sugar Substitute, Salt, Pepper, Asst Condiments

STANDARD SALAD BAR ITEMS FOR LUNCH/ DINNER

Lettuce garnished w/romaine leaves, Cherry Tomatoes, Cucumbers, Chopped Onions, Celery Sticks, Sliced Pickles, Carrot Sticks, Shredded Cheese, Coleslaw, Bacon Bits, Sliced Beets, Sliced Peppers, Broccoli Florets, Green Olives, Jalapeno or Banana Peppers, Sugar Free Jello

STANDARD SALAD DRESSINGS

Bleu Cheese, Catalina French, Ranch, Thousand Island, Fat Free Italian, Balsamic Vinegar, White Vinegar, Olive Oil

DAILY SALAD BAR ROTATION

Mon: Pineapple Chunks, Macaroni Salad
Wed: Pear Halves. Potato Salad

Tue: Peach Slices, Marinated Cucumbers
Thurs: Pineapple Slices. German Tomato Salad

Sun: Fruit Cocktail, Carrot & Raisin Salad